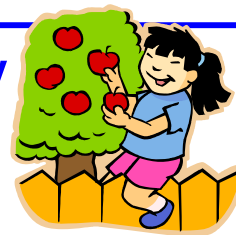


"More Peas, Please!"

Great ideas to get young kids started on a fruit and veggie habit



Copy Cats

Children love to copy you. Be a role model for your child. Eat a variety of fruits and veggies every day.

Keep Them "In Sight"

It's hard to eat fruits and vegetables if they're not in the house.

- Buy a few extra fruits and veggies this week.
- Let your child pick out some favorites or something new at the farmers' market or grocery store.
- Put a bowl of fruit on the table.
- Keep carrot and celery sticks in a clear bag or dish in the refrigerator.



Keep It Simple

Kids like to know what they are eating. Let your child mix the foods if he or she wants.

Go for Color

Offer a variety of colors every day – blues, greens, purples, reds, oranges, yellows, whites and browns. Try:

- Blueberries with breakfast cereal
- Orange carrot sticks for a snack
- Red tomato sauce on pasta with white cauliflower at lunch
- Purple grapes for a snack – or raisins
- Green beans and yellow corn at dinner

Offer Dips or Dressings

Many veggies and fruits taste great with a dip or dressing. Try:

- Cantaloupe or honeydew melon with low fat or fat free lemon yogurt
- Carrot sticks and green peppers with low fat salad dressing
- Fruit and berries with instant pudding made with skim milk



Try Something New

Help your kids try new foods.

- Believe they will eat it.
- Start with a small amount.
- Use your child's favorite foods to complete the meal.
- If they don't like the new food on the first, second, or third time, try again and again. It may take ten or more tries.

Go for the Crunch

Serve your children raw slices of apples, pears, carrots, celery, radishes, sugar snap peas, green beans, cucumbers, bell peppers, broccoli or cauliflower. Kids love the crunch!

Cook Them Tender-Crisp

Strong smells, drab colors, and mushy veggies can turn kids off. Try steaming or microwaving them for a few minutes. They should be firm – not mushy.

Keep It Smooth

Most kids don't like round, bumpy mystery objects in their mashed potatoes.

Little Helpers



Kids will gobble up the foods they make. Let them:

- ☐ Help wash, peel and mix.
- ☐ Help make a salad.
- ☐ Make a face, a rainbow or picture from cut up fruits and veggies. Serve it with a low fat dip.
- ☐ Help cook these recipes ↓.

Trees in a Broccoli Forest

Makes 1 serving Adapted from <http://www.dole5aday.com>

¼ cup each: carrots, broccoli, and cherry tomatoes

Low Fat Dip: Mix all ingredients.

- ¼ cup plain nonfat yogurt
- ¼ cup nonfat sour cream
- 2 teaspoons spicy brown mustard
- 2 teaspoons honey



Nutrients per serving: 152 calories, 10 grams protein, 32 grams carbohydrate, 1.7 grams fiber, 0.2 grams fat, 1% calories from fat, 0 grams saturated fat, 0% calories from saturated fat, 11 milligrams cholesterol, 403 milligrams sodium.

Oven Wedge Fries

Ask your kids to help cook this quick recipe. The potatoes can be cooked in the oven or on the grill.

Makes 4 servings

2 large potatoes (or sweet potatoes)
1 teaspoon olive or vegetable oil

- Preheat oven to 450° F.
- Scrub potatoes well. Cut into wedges the size and shape of pickle spears. Dry them on a paper towel.
- In large bowl, toss potatoes with oil until covered.
- Spread the potatoes on a baking sheet.
- Dust them with paprika, parsley or one of these:
 - Low sodium spice mix ★
 - Parmesan cheese ★
 - 2 cloves of garlic, finely chopped ★
 - Cayenne red pepper or chili powder ★
- Bake for 20-30 minutes or until fork-tender. Or, cook them in a wire basket on the grill.



Nutrients per serving (made with white potato): 151 calories, 3 grams protein, 32 grams carbohydrate, 3 grams fiber, 1 gram fat, 8% calories from fat, 0.2 gram saturated fat, 1% calories from saturated fat, 0 milligrams cholesterol, 10 milligrams sodium. ★ Seasonings not included in analysis.

Nutrients per serving (made with sweet potato): 92 calories, 1.8 grams protein, 19 grams carbohydrate, 3 grams fiber, 1 gram fat, 13% calories from fat, 0.2 gram saturated fat, 2% calories from saturated fat, 0 milligrams cholesterol, 32 milligrams sodium. ★ Seasonings not included in analysis.

How Many Fruits and Veggies Do Kids Need?

The number of cups for your child depends on his or her age, sex, and activity level.

Total Cups per Day of Fruits and Veggies

Girls

Age	Cups per Day
2-3	2 cups
4-8	2½ to 3 cups
9-13	3½ to 4 cups
14-18	4 to 5 cups

Boys

Age	Cups per Day
2-3	2 cups
4-8	3 to 3½ cups
9-13	4 to 4½ cups
14-18	5 to 6 cups

Guidelines

- Fill half your child's plate with fruits and veggies at every meal.
- Make fruits and veggies the first choice for snacks.

What Fruits and Veggies Count?

- Fresh
- Frozen
- Canned
- Dried
- 100 percent juices
- Beans

How Much Juice?

Too much juice puts your child at risk for cavities and being overweight. Limit daily fruit juice to:

- For 1 to 6 year olds, 4 to 6 ounces
- For 7 to 18 year olds, 8 to 12 ounces

When making black and white copies of

“More Peas, Please!”

use the following page for page 2.

The shading has been removed
from the box in the right column
and will make cleaner copies.

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